

Eating Problem Check List (EPCL) 3.1

INSTRUCTIONS: The following questions are concerned with the past seven days only. Please read each question carefully. Please answer all the questions. Thank you.

In the past seven days... (indicate the number of times that this has occurred in the box on the right)					No. of episodes
...Have I eaten a large amount of food with a sense of having lost control (i.e. an objective binge-eating episode)?					
...Have I eaten a not large amount of food with a sense of having lost control (i.e. a subjective binge-eating episode)?					
...Have I made myself sick (vomited) as a means of controlling my shape and weight?					
...Have I taken laxatives as a means of controlling my shape and weight?					
...Have I taken diuretics (water pills) as a means of controlling my shape and weight?					
...Have I exercised excessively as a means of controlling my weight, shape or amount of fat, or to burn? extra calories.					
...Have I weighed myself?					
In the past seven days... (tick which box is true for you)					
	0 Never	1 Rarely	2 Sometimes	3 Often	4 Always
...Have I stayed up for 8 or more hours without eating as a means of controlling my weight, shape and/or eating?					
...Have I avoided some foods as a means of controlling my weight, shape and/or eating?					
...Have I reduced my food portions as a means of controlling my weight, shape and/or eating?					
...Have events and emotions influenced my eating?					
...Have I checked my food (e.g. calorie counting, weighing food, checking the food's nutritional content)?					
...Have I checked my shape (e.g. looking at parts of my body in the mirror; measuring the circumference of parts of my body; compared my body shape with that of other people)?					
...Have I avoided my body (e.g. avoided weighing, avoided particular clothes, avoided looking at my body)?					
...Have I felt fat?					
...Have I been preoccupied with my weight?					
...Have I been preoccupied with my shape?					
...Have I been preoccupied with my eating control?					